

Increase longevity and improve health in just 2 minutes a day

BY NANCY CLANTON

The Atlanta Journal-Constitution

You want to be healthier and live longer, but finding the time to exercise can be difficult for many people. A new study, however, finds you might need just two minutes a day to achieve those goals.

"We found as little as 15 minutes of vigorous physical activity per week can lower all-cause mortality and cancer risk by 15%, and 20 minutes per week can lower heart disease risk by 40%. With additional health benefits up to approximately 50 to 60 minutes per week," lead author Dr. Matthew Ahmadi, a postdoctoral research fellow at the University of Sydney, told Medical News Today.

For their study, published recently in the European Heart Journal, the researchers selected and enrolled 71,893 adults from the UK Biobank, "a large-scale biomedical database and research resource, containing in-

depth genetic and health information from half a million UK participants."

All participants — who were ages 40-69 and had no evidence of cancer or cardiovascular disease — were given a wearable device that tracked their physical activity and classified it as either vigorous, moderate intensity or light intensity.

"This is one of the largest wearables device-based (studies) in the world and the first to assess the health-enhancing benefits of vigorous physical activity," Ahmadi said.

Although moderate physical activity was described as exercise that raises your heart rate but doesn't leave you out of breath, vigorous exercise includes "sprints, high intensity interval training, swimming or cycling at fast speeds." This exertion leaves a person trying to catch their breath while speaking.

According to the study, adults who participated in no vigor-

ous physical activity had 4% risk of dying in five years. Adding about 10 minutes of VPA a week cut that risk in half, and adding 60 minutes a week cut it in half again, to a 1% risk.

"Overall, we found that much lower durations of vigorous physical activity were needed to lower morbidity and mortality risks," Ahmadi told Medical News Today. "Therefore, any physical activity a person is doing provides an opportunity to

do vigorous physical activity, if they can do the activity at a faster pace or higher intensity for just short periods of time."

This is good news for many people, physical therapist Mike James told Medical News Today.

"For those people who are already doing exercise, that is great and they should keep doing it. But for people who can not make it to a gym, they can also attain the health benefits of vigorous physical activity by

Even a short run, if done consistently, can yield long-lasting health benefits.

Dreamstime-TNS



doing their daily activities at a faster pace, even if it's just for short periods of time. For example, gardening or doing household chores at a little higher intensity for short periods, or fast walking interspersed with comfortable walking pace when walking during the day."

BOARD CERTIFIED MASTER ARBORIST

MICHAEL
 541-786-8463
 M. Curtiss PN-7077A CCB# 183649
 Serving Union and Baker Counties
A CERTIFIED MASTER ARBORIST


When your computer is in despair

OUTSTANDING COMPUTER REPAIR
 Fast and Reliable
MOBILE COMPUTER SUPPORT
DALE BOGARDUS 541-297-5831

Published by The Observer & Baker City Herald - Serving Wallowa, Union and Baker Counties

CLASSIFIEDS

PLACING YOUR AD IS EASY...Union, Wallowa, and Baker Counties
 Phone La Grande - 541-963-3161 • Baker City - 541-523-3673

On-Line: www.lagrandeobserver.com
www.bakercityherald.com

Email: Classifieds@lagrandeobserver.com
Classifieds@bakercityherald.com

DEADLINES:
 LINE ADS:
 Tuesday: 10:30am Monday
 Thursday: 10:30 am Wednesday
 Saturday: 10:30 am Friday
 DISPLAY ADS:
 2 Days Prior to Publication Date



HOROSCOPES

by Stella Wilder

TUESDAY, NOVEMBER 15, 2022
 YOUR BIRTHDAY by Stella Wilder

Born today, you have been endowed with abundant creativity and the will to make the most of it in all areas of your daily life. You want to be creative in your work, as well as during your off time, and even in your relationships with other people. You do not enjoy doing what is assigned to you -- or, perhaps more accurately, you don't like completing assignments without doing so in a way that is uniquely your own.

WEDNESDAY, NOVEMBER 16
SCORPIO (Oct. 23-Nov. 21) -- You are pursuing a course of action that may well circle back to where you began if you're not careful to avoid repetition.

SAGITTARIUS (Nov. 22-Dec. 21) -- Others may blame you for an unwanted break in the action today, but you can prove it was not your doing -- and solve the problem, too!

CAPRICORN (Dec. 22-Jan. 19) -- Your personal desires may be at odds with your professional needs at this time. You must be willing to sacrifice one or the other.

AQUARIUS (Jan. 20-Feb. 18) -- Others are likely to look to you today to get things back on track -- but you can demonstrate that a perceived problem is only illusory.

PISCES (Feb. 19-March 20) -- You may have to commit to someone else's ideas before you feel ready, but you'll have time to catch up and begin taking ownership of things.

ARIES (March 21-April 19) -- There may be no one available to help you today, and helping yourself as required will require you to step out of your comfort zone.

TAURUS (April 20-May 20) -- You can give yourself a boost today before anyone else knows what has happened, and as a result, you should be able to take and hold the lead.

GEMINI (May 21-June 20) -- It's not what you are doing but how you are doing it that will attract attention from all corners. You have a secret weapon to demonstrate.

CANCER (June 21-July 22) -- Listen carefully today and you'll hear things you wouldn't otherwise -- things that are not spoken aloud but expressed in alternative forms.

LEO (July 23-Aug. 22) -- You may have to listen to someone's poor instructions today before you're allowed to have a go at something your own way.

VIRGO (Aug. 23-Sept. 22) -- Minor aches and pains mustn't be allowed to hold you back today, as they are all an expected part of what you're trying to accomplish.

LIBRA (Sept. 23-Oct. 22) -- You'll have reason to recall some information from your past today -- and it will mean even more to you as you pass it on to someone else.

COPYRIGHT 2022 UNITED FEATURE SYNDICATE, INC. DISTRIBUTED BY ANDREWS MCMEEI SYNDICATION FOR UFS 1130 Walnut St., Kansas City, MO 64106, 816-581-7500

HELLO TO GOOD BUYS In The Classifieds

Say

103 Announcements
 Don't Let The Memory Of Them Drift Away
OurWarHeroes.org
 Thank you Veterans!


RONALD McDONALD HOUSE CHARITIES IDAHO

PULL TABS ACCEPTED
 AT THE FOLLOWING BAKER CITY LOCATIONS

- Baker City Herald
- Dollar Tree
- Black's Distributing
- Ryder Bros
- VFW
- Baker Elk's Lodge
- Main Event
- Baker City Fire Dept.
- Haines Sell-Rite
- Idle Hour
- Salvation Army

104 Community Calendar
VFW POST 460
 Every 1st and 3rd Thursday of the month at 7pm.
 Corner of Main at Birch in Union

LA GRANDE LIONS CLUB
 Meets 2nd & 4th Monday of each month @ 12 PM
 Union County Senior Center
 1504 N. Albany St., La Grande

PINOCHLE
 Fridays at 6:30 p.m.
 Senior Center
 2810 Cedar St., Baker City
 Public is welcome

Call **541-963-3161** or **541-523-3673** to place your ad.

BUY IT SELL IT FIND IT IN CLASSIFIED
 Call The Observer or The Baker City Herald

LOOKING FOR A GOOD RETURN?
 Why not use this directory to inform people of your business?

Too many kittens? Find them a home through the classified.

104 Community Calendar
Baker County United "freedom rallies"
 3rd Thursday each month 6 p.m. at the Sunridge 1 Sunridge Lane.
 The public is invited

ROTARY CLUB of Baker City
 Meets every Monday Noon - 1 PM
 Baker Towers Meeting Room

POWDER RIVER SPORTSMAN'S CLUB
 Meets 1st Tuesday of every month
 8th & Broadway, Baker City
 6 PM - Pistolettes
 7 PM - Regular Membership

114 Group Meetings
NARCOTICS ANONYMOUS
 541-805-2229
 neo-na.org

NARCOTICS ANONYMOUS
 Monday, Thursday, & Friday at 8pm. Episcopal Church 2177 First St., Baker City

AA MEETINGS - La Grande
 Wednesday Nights, 7-8:15pm.
 Fort Union Grange Hall, corner of McAlister & Gekeler Lanes. For more info, call 541-786-1222

AL-ANON
 Keep Coming Back Family Group
 Mondays, 7 pm at NKWest, 1208 Adams, La Grande, OR

CELEBRATE RECOVERY
 Calvary Baptist Church
 Third & Broadway Baker City, OR
EVERY THURSDAY
 6:15 - 8:00 PM

CELEBRATE RECOVERY
 Calvary Baptist Church
 Third & Broadway Baker City, OR
EVERY THURSDAY
 6:15 - 8:00 PM

DO YOU HAVE...HURTS, HABITS and/or HANG UPS?
 12 Step Biblical Support Harvest Church
 3720 Birch St. Baker City Thurs., 6:30 - 8:30 PM

LA GRANDE GAMBLERS ANONYMOUS
 Every Friday Night @ 5pm, 2107 Gekeler Ln, LG, Church of Christ basement. For more info please call 971-219-8411

LA GRANDE GAMBLERS ANONYMOUS
 Every Friday Night @ 5pm, 2107 Gekeler Ln, LG, Church of Christ basement. For more info please call 971-219-8411

Someone's drinking a problem?
AL-ANON Meetings are available by phone Info for **Baker City** Meetings Call: 541-239-7323

NARCOTICS ANONYMOUS
 Goin' Straight Group Meetings:
 Mon., Tues. Thurs. & Fri. Start at 8 PM
 Episcopal Church Basement 2177 1st Street, Baker City

OVEREATERS ANONYMOUS
 Would you like to stop compulsive eating?
 For Information Call 541-523-5128
 Leave a Message Email: ecapoa@live.com

TUESDAY, NOVEMBER 15, 2022

CROSSWORD PUZZLER

ACROSS

- Falstaff's prince
- Banish
- Interruption
- Pasture grazer
- Slow mover
- GI mail drop
- Vicious elephant
- Turned on
- Online diary
- Tempe inst.
- Wacky
- Bauxite seller
- Minimize (2 wds.)
- Barge or ferry
- Calendar abbr.
- Generous one
- What and where's partner
- Biting fly
- "The Pit and the —"
- Majestic wader

DOWN

- Spaghetti seasoner
- Army no-show
- Construction toy
- Wind dir.
- Bigger than lg.
- "The Raven" author
- Noted lava spewer
- Tibet's capital
- Pump abbr.
- Chest-beater
- Herd of whales
- Ill-favored
- Lamp insert
- Not common
- Henhouse
- Held title to
- Part of Batman's garb
- Honolulu's island
- Fermi split it
- Magazine part
- Air-breather's organ
- Culture dish goo
- Fourth piggy's portion
- Hwys.
- Bluish-green
- Mini-guitars
- Ring finger
- Miles away
- Chase away
- Sky-high
- Deeply impressed
- Yuppie's auto
- Nibbled on
- Midwest st.
- Safe-products org.
- ATM code
- Big Ben numeral

Answer to Previous Puzzle

V	E	N	O	M	B	R	R	S	O	S
A	R	O	M	A	L	O	A	Y	O	N
N	A	V	E	L	A	N	N	R	H	O
		N	I	G	H	S	K	I	E	R
A	D	E	B	O	P	O	M	A	D	E
T	O	S	S	U	P	A	M	A		
V	E	T	O				R	E	B	A
		F	U	R	B	A	T	H	E	D
S	A	F	A	R	I	A	H	S	A	O
T	E	R	R	A	O	R	C	A		
R	T	E	N	E	B	H	U	G	E	R
A	N	T	U	S	E	O	R	A	T	E
W	A	S	S	P	I	O	A	S	E	S

11-15-22 © 2022 UFS, Dist. by Andrews McMeel for UFS